

# FLIGHT SCHOOL 2025-2026

## 6-MONTH IN-SEASON PROGRAM

### **NOVEMBER 3RD - MAY 21ST**

FOR ANY VOLLEYBALL CLUB ATHLETES, BASKETBALL PLAYERS, AND MULTI-SPORT ATHLETES WHO WANT TO ELEVATE THEIR ATHLETIC PERFORMANCE DURING THE COMPETITIVE SEASON:

- CAN'T SEEM TO JUMP HIGHER, MOVE QUICKER, OR REACT FASTER UNDER PRESSURE
- LACKING THE CONDITIONING TO DOMINATE THE ENTIRE GAME/TOURNAMENT
- FEELING STIFF, SORE, OR CONSTANTLY BATTLING ACHES AND PAINS
- NOT GETTING THE ATTENTION FROM RECRUITERS YOU DESERVE

THEN THIS PROGRAM IS BUILT FOR YOU!

ELEVATE YOUR GAME, GET NOTICED, AND TRANSFORM YOUR PERFORMANCE.

**OPEN TO AGES 8 & UP** 





# WHY THIS PROGRAM WORKS?

6-MONTH PROGRESSIVE TRAINING SYSTEM

(DESIGNED FOR EXPLOSIVE RESULTS!)

**COMPREHENSIVE ATHLETE TESTING** 

(BASELINE → MID-PROGRAM → POST-PROGRAM)

SKILL DEVELOPMENT FOR VOLLEYBALL, BASKETBALL & MORE

(SKILL DEVELOPMENT FOR ALL POSITIONS)

**OPEN TO ALL ATHLETES, ALL CLUBS, ALL ORGANIZATIONS** 

(TRAIN WITH THE BEST IN KC!)



# PROGRAM OVERVIEW



#### 6-MONTH IN-SEASON PROGRAM

### **NOVEMBER 3RD - MAY 21ST**

(END DATE SUBJECT TO CHANGE DUE TO UNFORESEEABLE WEATHER)

#### GYM WILL BE CLOSED: HOLIDAY WORKOUT PLANS ARE INCLUDED

- NOVEMBER 26TH-27TH
- DECEMBER 22ND-25TH, & 31ST
- JANUARY 1ST, & 19TH
- MAY 25TH

#### **DELIVERABLES:**

- **✓ 2-3+ MPH SPEED INCREASE (90% COMPLETION)**
- 2+ INCH VERTICAL (90% COMPLETION)
- **✓ FASTER ACCELERATION & REACTION SPEED**
- **✓** GAME-READY CONDITIONING & ENDURANCE
- **✓ MENTAL FITNESS TECHNIQUES**
- ACCESS TO PROFESSIONAL RECOVERY TOOLS
- ✓ PARTICIPATION IN THE "REP YOUR LEGACY" PROGRAM

#### WHAT'S INCLUDED:

- FREE TICKET TO OUR ANNUAL NLF COMBINE
- SMALL GROUP TRAINING (3-6 ATHLETES)
- ADVANCED VERTICAL, SPEED & AGILITY DEVELOPMENT
- BASELINE, MID- & POST-PRORAM TESTING (VIDEO ANALYSIS)
- POSITION-SPECIFIC SKILL DEVELOPMENT
- FLEXIBILITY & MOBILITY SCREENING & DEVELOPMENT
- TOTAL ELITE ATHLETIC DEVELOPMENT

#### **EXCLUSIVE BONUSES:**

- **TACCESS TO THE BIOMOTIVES RECOVERY CENTER**
- **#** ACCESS TO OUR FUEL & FOCUS DAYS
- **THOLIDAY AT-HOME WORKOUT PLANS**
- **TOTAL STREET NUTRITION COURSE**



# TRAINING SCHEDULE BREAKDOWN

- 48 Total Sessions (2x per week)
- Sports Performance Training (SPT) 90 MINS
- Active Recovery Training (ART) 30 MINS

#### DAY 1 (MONDAYS & TUESDAYS): SPORTS PERFORMANCE DAY

- 60-minutes: SPT
  - Speed, acceleration, and first-step quickness
  - Explosive vertical jump and plyometric training
  - Agility and change of direction mechanics
  - Power development and functional strength

#### DAY 2 (WEDNESDAYS & THURSDAYS): ACTIVE RECOVERY DAY

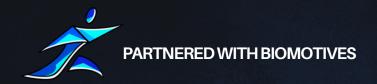
- 30-minutes: SPT
  - Conditioning, Light resistance & stability work, Plyometrics
  - Core, Reaction & Change of Direction Drills
- 30-minutes: ART
  - Guided Stretching
  - Flexibility, Mobility, Body Control, Balance & Proprioception Drills
  - Recovery Center Access

#### FUEL & FOCUS DAY (1x/Month)

- 30-minutes: Mental Training Session
  - Focus & Strategy, Meditation, Interpersonal, Leadership, & Visualization
     Techniques
- 30-minutes: Basic Nutrition Education (Hands-On)
  - How to fuel for tournaments, games, & tournaments

#### **CHOOSE WHAT BEST FITS YOUR AVAILABILITY:**

- **★ GROUP A: MONDAY & WEDNESDAY** 
  - Time Slots: 4:30 PM | 5:30 PM | 6:30 PM
- **GROUP B: TUESDAY OR THURSDAY** 
  - Time Slots: 4:30 PM | 5:30 PM | 6:30 PM



# ACTIVE RECOVERY & WELLNESS DAYS

#### **ROTATING RECOVERY ACTIVITIES**

- Pilates & Guided Stretch Days
- Flexibility & Mobility Drill Techniques
- Balance, Body Control & Proprioception Days

#### **ROTATING RECOVERY MODALITIES**

Recovery Center Access

Modalites:

NORMATEC Compression Boots, Foot Rolling, Massage Guns, Vibration Plates, MARC PRO muscle stimulation, Dry Sauna

#### What's NOT included:

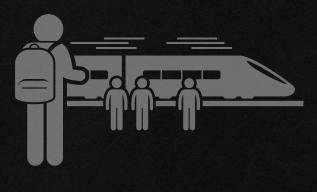
- X Sports Massage
- X Decompression Cupping
- X Assisted Stretching

These services are available separately. Email biomotives@gmail.com for details.

Active NLF Subscription Members get 20% off recovery services!



# HOW TO GET STARTED



## Step 1: Read This PDF Carefully

o Ensure you understand the program expectations and scheduling.

### / Step 2: Purchase Your Plan

- Visit our website to select and purchase your training plan. Choose the best option for your schedule.
- Complete Forms & Waivers.

### Step 4: Schedule Your Sessions

- Sessions can be FULLY booked in advance.
- If a session is full, you can join the waitlist in case of cancellations.
- All bookings must be made at least 24 hours in advance.
- If your athlete is the only one signed up, we may kindly ask you flexible and move your group session
- All sessions are first come, first serve
- Cancellations require at least 24 hours' notice.
- HIGHLY RECOMMEND to claim your slots.



# SCHEDULE & BOOKING

- **◆■ HOW TO GET STARTED FOR NEW ATHLETES**
- DOWNLOAD OUR FIT BY WIX APP & CREATE AN ACCOUNT
- ENTER INVITATION CODE: AWDC96 & RECEIVE APPROVAL.
- ◆■ YOU ARE RESPONSIBLE FOR BOOKING YOUR OWN SESSIONS.
  - SESSIONS CAN BE FULLY BOOKED IN ADVANCE TO SECURE
    YOUR SPOT.
  - / IF A SESSION IS FULL, YOU CAN JOIN THE WAITLIST IN CASE
    OF CANCELLATIONS.
    - ✓ ALL BOOKINGS MUST BE MADE AT LEAST 24 HOURS IN ADVANCE.
    - IF YOU NEED TO CANCEL, PLEASE NOTIFY US AT LEAST 24

      HOURS BEFORE YOUR SESSION.



# PRICING & REGISTRATION

First Come, First Serve - Limited Spots Available!

### STANDARD PRICE

FULL SEASON PROGRAM - \$1600

(FULL 6-MONTH PROGRAM)

**8PK** - \$300/MONTH

(5-MONTH COMMITMENT)

**4PK** - \$165/MONTH

(3-MONTH COMMITMENT-SPT DAYS ONLY)

USE CODE
NLFFS50 TO
GET \$50 OFF
THE 1<sup>ST</sup> MONTH
WHEN SIGNING
UP BEFORE
OCTOBER 27TH

PURCHASE OF ANY PACKAGE = FREE TICKET TO OUR ANNUAL NLF COMBINE

**DAY PASS - \$45/DAY** 

(SPT DAYS ONLY)

\*TAXES WILL BE APPLIED AT CHECKOUT AND ALL SALES ARE FINAL\*

SECURE YOUR SPOT: PAYMENT IS MADE VIA OUR WEBSITE. CHOOSE YOUR PLAN BASED ON PREFERENCE.



PURCHASE HERE



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